



## 100 Simple Secrets of the Best Half of Life

*David Niven PhD*

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## 100 Simple Secrets of the Best Half of Life David Niven PhD

Practical advice on how to thrive in the second half of your life, based on scientific studies. The sixth book in the bestselling 100 Simple Secrets series.

What do people who relish the second half of their lives do differently than those who dread getting older? Sociologists, therapists and psychiatrists have spent entire careers investigating the ins and outs of successful aging, yet their findings are inaccessible to ordinary people, hidden in obscure journals to be shared with other experts.

Now the international bestselling author of The 100 Simple Secrets series has collected the most current and significant data from more than a thousand of the best scientific studies on the second half of life. These findings have been boiled down to one hundred essential ways to find and maintain joy, health, and satisfaction every day of your life. Each one is accompanied by a true story showing the results in action.

The Baby Boomers are hitting retirement age. This upbeat, light approach will appeal to the enormous market of citizens grappling with the effects of becoming 'senior', looking to discover the positive benefits of aging beyond discount tickets at the movie theatre. Books about aging well continue to sell year in and year out. *The Simple Secrets* approach will stand out among the heavier self-help/psychology titles and will without a doubt become an affordable impulse and gift mainstay in this category.

A good inexpensive gift for parents and grandparents.



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